

## ABSTRACT OF THE DISCLOSURE

Sunflower seeds having an oleic acid content of more than 5% and less than 65%, a palmitic acid content of more than 20% and less than 40%, a stearic acid content of more than 3% and less than 15%, and a palmitoleic acid content less than 4%, all based on the total fatty acid weight, are disclosed, together with methods of obtaining the sunflower seeds.